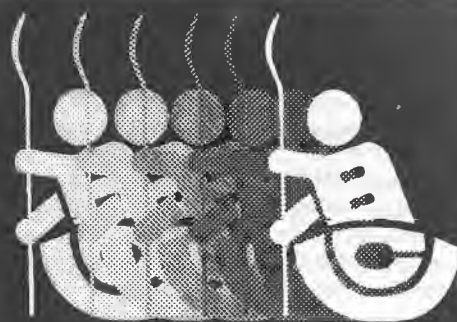


CoDe

Coaching Development



the magazine of the BCU Coaching Service

THE AIM OF THE BCU COACHING SERVICE IS:

To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.

1996 BCU Coaching Conference and AGM

This years Coaching Conference and Annual General Meeting will be held in Devon, at the River Dart Country Park near Dartmeet. over the weekend of 12-13 October.

The conference fee is £75.00 all inclusive of two nights bed and breakfast accommodation, two lunches and evening meal.

The conference will comprise of practical sessions, workshops and talks covering a wide range of paddling disciplines and interests. The Saturday evening events will include the Coaching AGM, conference meal and keynote lecture. There will be some family orientated canoeing and a range of children's activities throughout the weekend.

Places will be limited to 90 persons. Please send a SAE to the BCU office for further details, or reserve your place now by sending a deposit cheque for £25.00 made payable to BCU Coaching.

CANI Coaching Conference

will take place the following weekend, 19-20 October
Details from the CANI office.

The British Forces Germany conference

takes place at the British Mohnesee Sailing Club on 11 October 1996

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CoDe is the official organ of the BCU Coaching Service. Members are free to express their views within its pages. Articles and comments therefore reflect the thoughts of the author and do not necessarily state the policy of the National Coaching Committee. CoDe is programmed for publication in February, April, June, August, October, December. Final copy date: 1st of previous month. Contributions, including pictures, are welcome. Please send them to: BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

**Editors: Director of Coaching,
Coaching Development Officer**

**The coaching
service is
supported by**



NOTICES NOTICES NOTICES

LCO/RCO ELECTIONS

RCO East Midlands. No further nomination has been received following the retirement from the post of Keith Sykes. Jonathon Moore is therefore elected un-opposed. Jon may be contacted at 22 Swathwick Clos, Wingerworth, Chesterfield, Derbyshire S42 6XF

RCO North Wales. Bob Timms has been elected in place of Loel Collins as RCO for North Wales. Loel is continuing to act as RCO, however, until Bob's return to UK in the autumn.

British Forces, Germany. Tony Ford continues to serve the region for another term of 3 years, there being no further nominations for the post. Am Kurpark 4, 37444 St Andreasberg, Germany.

LCO Norfolk. Paul Fynn has regretfully had to stand down as LCO Norfolk, due to work and other commitments. Our grateful thanks go to Paul for his good work during his period of tenure. Nominations for the vacancy should be made to Paul West, 33 Risedale Rd, Hemel Hempstead, Herts HP3 9NW, by 31 August. If more than one nomination is received a meeting and election will be called. Nominations must be supported by two comprehensive coaching members of the panel.

LCO Surrey. Peter Holgate has been elected as LCO Surrey. 16 Hazelbank Court, Chertsey, Surrey KT16 8PD (01734 321625).

LCO West Yorks. It is with great regret that we note that Ron Rymer has had to stand down as LCO due to ill health. Our very best wishes go to Ron, and our thanks for the sterling service he has performed as LCO - as well as many other services to the Union - over so many years. Nigel Wilford is acting LCO, subject to election at the Regional agm in September. 18 Abbey St, York YO3 6VG (01904 638741).

RICHARD WARD HAS MOVED

Richard Ward, National Coach for Placid Water, has moved to 166 Westernlea, Crediton, Devon EX17 3JE (01363 774841 - no change).

NATIONAL COACHING COMMITTEE

Report of the March meeting, on matters not dealt with in more detail in Focus or CoDe.

1 Coaching Service Report A comprehensive report on the role, responsibilities, and future development of the Coaching Service was in preparation, and was due to be presented to Council in September.

2 Examiner/Assessor Forums It was agreed that forums needed to be more discipline specific. The difficulty of those holding Assessor/Examiner status in several disciplines was taken into account. 'Groupings' would occur and members could retain status by alternating attendance.

3 Manual Handling The implications of the EC Directive on manual handling, was considered. It was agreed that a course should be held for key people from each region, to be able to train other assessors in the region in handling techniques, and thus cascade good lifting practices through all training courses.

4 The Coach Award The increased numbers undertaking the Coach award were welcomed although the lack of female candidates was regretted. Besides two fully subsidised courses at Plas y Brenin, and one at Glenmore Lodge, three courses were being presented regionally.

5 Financial Report An overall increase of 10% in the number of tests undertaken, was noted with pleasure.

6 Overseas certification D of C expressed continuing concern over the Union's ability to properly monitor qualifications offered to foreign nationals, particularly those being offered qualifications in their own country by visiting coaches. It was agreed to consider ways of setting up a viable overseas structure.

7 BCU Centres Approval Scheme It was agreed that the scheme should continue to be offered on a 'suck it and see' basis. If the market is too affected by the statutory scheme, the BCU provision would be withdrawn.

8 Conferences The suggestion was made that the annual conference should set a pattern of issues and workshops which should be replicated in every region thus considerably extending participation by the membership.

9 Next meeting Saturday 9 November.

A copy of the full minutes is available from the BCU office on receipt of a sae.

CALSHOT INTERNATIONAL SEA KAYAK SYMPOSIUM

This fifth annual symposium takes place at Calshot Activities Centre on weekend 21st - 22nd September 1996. The weekend is open to all those interested in sea kayaking, whether you are an expert or just starting.

Saturdays programme will offer a range of lectures, technical input and a come and try it session, and there will be a selection of paddling trips in the Solent to suit all abilities.

Lectures on Sunday will cover all aspects of the sport from expeditions to Greenland (Summer 1996) and Norway, the history and origins of skin boats and the control and monitoring of pollution around our coastline.

Sea kayaks from Valley Canoe Products, P & H and Marsports (Orca) will be available for both the come and try it session on Saturday and for more extended testing on the Sunday. Suppliers will also be bringing kayak equipment and clothing for sale over the weekend.

The event is timed to coincide with the BCU Sea Touring Committee's Annual General Meeting and provides an opportunity for you to see what the BCU does on your behalf. An open form will also give you the opportunity to air your views.

The practical sea kayaking on Sunday will offer a variety of trips and kayaks will be available for hire from the Centre for newcomers to the sport.

The symposium is organised by Calshot Activities Centre in conjunction with the BCU Sea Touring Committee.

The Centre will be offering a range of food, accommodation and symposium packages detailed on the accompanying booking form.

Exclusive souvenir polo shirts are available (see cover design). Last symposium was fully subscribed so book early to avoid disappointment. Details from Dave Evans, Calshot Activities Centre, Calshot, Hants.

Dear CoDe

Dear CoDe,

I work in the outdoor industry, an industry which has an apparent need for qualifications. This 'need' has recently gone through the roof and eagle eyed facilitators saw the whole thing coming. There are now more adds in the back of canoe focus for instructor training courses that there are situations vacant. Am I alone in thinking that for an amount of money you can buy yourself more 'tickets' than the London buses can hand out in a day? There may even be a link with Air Miles.

How much does experience cost and will it be measured in lives?

The paper chase game is nothing new and even though there are a great many more players it would still not be my major concern. My concern is that outdoor educationalists used to come from a performance background where personal skill was generally pretty high. Nowadays however the average instructor seems to be performing at the lowest level needed to gain a workable award.

Outdoor education at any level is surely about giving people experiences. Experiences which, whilst not always completely successful, are learned from and do not detract from self confidence or performance and which positively aim to enhance self image. These experiences may lead the participant to sample 'frontier adventure' or do things with which they are not necessarily 'comfortable'. They should be gauged with great care and based on the individual as their threshold may not fit with that of the whole group.

Experiences which force the participant to enter the 'panic zone' or go down the back side of a 'disaster curve' are **MUST BE AVOIDABLE** experiences.

Facilitators should be cooperators rather than mentors and will need a very broad experience base to make a realistic appraisal of an individual, their needs and agreed achievable targets. There is an unavoidable period of time to gain the experience needed to cope with these responsibilities. Is that period of time a six week training course offering a different award each week? Qualifications which may only signify the minimum amount of supervisory experience and personal competency can in some cases be likened to a well trained guard dog or even a very poorly trained guard dog with a time bomb strapped to its back.

So how do we encourage this 'new breed' to go out and gain real experience because to my mind it is not happening.

Working in outdoor education can offer attractive personal and social rewards. People working in centres are increasingly more interested in the lifestyle rather than the medium used.

I realise that standards of performance in all outdoor fields have decreased dramatically over the last few years but why not that only two percent, approximately, of the centre staff I see every day working in half a dozen different centres actually use their own time to develop their own performance?

What will happen in the future when this 'new breed' will be running the staff in or running our outdoor centres?

Now my comments are by no means aimed at every training establishment or indeed outdoor centre. There are in my opinion many operators offering courses whose standards of delivery and staffing demand justifiable respect. These operators are certainly the backbone of my inspiration as an outdoor educationalist.

MARK Preece

Dear CoDe,

While we (the BCU) have a very positive attitude to encouraging women into canoeing on paper, the reality appears to be very different. At the recent examiner forum I attended in the SE of England there were reams of excuses from course organisers for not having women examiners on courses despite an edict from the RCO. It would appear the answer is financial backing from BCU for transport costs etc from BCU to back the edict. There is no money? Available to help individual women on the road to coach or SI, just all women's courses (only one or two) not everyone's cup of tea and hardly compares in terms of convenience with everything else on offer. Perhaps also cash for babysitters etc to help people work courses. Please anything but lets do it - canoeing is still very macho - you only have to attend some of the whitewater tours. There isn't a single woman on the Coach Course panel. It's so embarrassing. Its time to find the cash to change this. Surely if we made it worth their while we could get some of these superb paddler/coaches interested. Vic Brown finished 4th in the Munich Olympics in Slalom and has a 1st from Cambridge and has been a coach longer than most of us. Gill Berrow and Suzi Hornby both Coaches and active in several sports and Gill has a Masters in Education. Lets make it worth their while.

An often embarrassed coach when asked why?

STUART WAGSTAFF

Dear CoDe,

Ten years ago I gained my Senior Instructor (Inland) after several years gaining experience and after several assessments.

Further experience and expertise came when working with groups from clubs and through working with pupils from my school at our LEA centre. I worked and trained at the centre with some of the finest instructors and teachers that there can have been. Surfing sessions with groups of young people on friendly surf beaches in general purpose centre kayaks was the norm, and I have yet to see for myself a session where these young people have not enjoyed it. Myself and other similar SI's have practised all the recommended safety precautions and procedures coupled with a heavy dose of common sense. To introduce paddlers to the fun of low to moderate surf has been a privilege, and might I say, does not take a jumped up qualification such as Surf SI (it is of course a qualification to move further on in the surf scene) to run it.

As a conscientious Senior Instructor I have attended all the required E2 seminars and hold lifesaving and First Aid certs, and feel more than a little insulted by the new proposed prerequisite to run simple surf sessions. I agree with Philip Britton (*CoDe* 68) when he suggests it is the equipment which is on test, as most of our type of sessions are in normal kayaks and occasionally on surf ski.

I personally don't mind attending a one day course to standardise procedures and prove safe 'supervision' in surf. Maybe I have read into this situation wrongly, but I can see a lot of groups no longer having fun in surf, and having to wait a long time on the beach for a Mr SI Surf to come along.

BCU coaching has to change, but it seems the changes are possibly dominated by heavy-handed 'you will do as we see it' officials. If so, it's maybe time for this SI to hang up his membership and go paddling with other non-member mates.

PAT MORAN, Cheshire

DofC comments: How I do sympathise with these sentiments. When responsible for canoeing at an activities centre, I once commenced a letter to the local authority adviser with the words: 'When all the rules are obeyed, the trains cease to run'.

With all the emphasis on regulations, and 'covering one's back', common sense invariably now appears to have 'gone out of the window'.

Please note the words on p16 of your *Directory* that 'the BCU will no longer automatically recognise a surf-experienced level 3 Coach'. Quite clearly, in Pat's case, operating in the manner

Dear CoDe continued

which he describes, he would receive BCU support to the effect that his competence and experience was sufficient for him to have been in charge of the activity, in the unlikely event of an accident having occurred.

If, on the day, he had been negligent, and not operated in accordance with the nationally accepted norms, and this had contributed to the accident, he would be culpable - as would anyone holding the full SI (Surf) award, in the same circumstances.

It should be noted that the Activity Centres (Young Persons Safety) Act enshrines the principle that 'equivalent ability and experience' is accepted in law. The holding of the relevant formal qualification does, however, make it that much easier to establish the instructor's credentials should the crud hit the rotary, as they say.

A full statement on the situation is carried elsewhere in this issue.

Dear CoDe,

Level 3 Training and Assessment (Inland CCK)

It is not clear to me why many of the Level 3 training courses that I know of or have been involved with, have had with varying degrees, parts of their itineraries taking place on sections of grade three. My current understanding of, at least, the new regulations can be crystallised as follows:

- * The Level 3 qualification as described above indicates competence to lead on grade two water (but no more).

- * The personal skill level required at this level is one of Four Star, a test conducted on grade two water (and no more). This I believe is endorsed with reference to the Level Three assessment by the requirement that candidates must be able to roll. I think it reasonable to assume that this may be required in a grade two rapid or in a small stopper.

- * The demonstration of personal skills on grade three water is within the requirements of the Five Star test.

- * The ability to lead on grade three and four forms part of the terms of reference of the Level 4 Coach.

Having stated these things, my own explanations based upon a real world situation, would be as follows.

- * The old regulations to some extent gave the SI carte blanche to tackle and indeed lead on whatever water he or she saw fit. For this reason training and assessment in a more exciting environment could be argued for.

- * It is still only after March 1998 that the possession of the Five Star or the old Advanced Proficiency awards become mandatory for leading on grade three and above.

- * Many of my 'local' grade two rivers contain short sections of grade three that have been safely used for both introductory and intermediate courses for years.

- * Local available water may offer little option.

- * Those presenting themselves for training or assessment at a venue will often know which waters are used or are likely to be used.

- * Portage of a section of grade three for the group may be inconvenient or downright annoying given the obvious ability of group to use their kayaks to get down.

- * Any time spent on grade three I have known to be clearly stated as non-assessable.

- * Many trainees and assessment candidates may find the omission of classical river section tiresome.

Having said all of this, I still often ask myself as to whether sufficient effort is made to adhere to the regulations when the option to do so is quite viable. What is the view of the panel?

MARK REDDING, Grimsby

Director of Coaching comments: The criterion for passing a candidate as a level 3 Kayak Coach (Senior Instructor) has always been that the person concerned can demonstrate confidently on grade 2 water, both personal paddling skills, and an ability to ensure the safety of his or her group.

Candidates will come from two directions - those who are 'working their way up' and those who are able paddlers. The latter may be uncertificated, but nonetheless very competent 'leaders' of many years standing.

The former clearly need to work groups on grade 2, and take every opportunity to improve their personal ability and experience on grade 3 and above, before leading others on more difficult water. The latter may be ready to lead on more difficult water straight away.

Until now, we have chosen to let 'common sense' prevail, and have trusted Senior Instructors to know their limitations and work within them. With remarkably few exceptions this appears to have been a reasonable policy.

Because of the external pressures now upon us, and the ever increasing threats of litigation, it was resolved within the revision to formalise the qualification for leading on grade 3 and above.

This does not preclude the competent level 3 Coach form working on grade 3 or above. It does mean that, should the worst happen he or she would have to 'establish their credentials' to the satisfaction of a court, as well as showing that, on the day, they conducted the activity in accordance with the accepted norm. A person holding the relevant qualification would still have to satisfy a court regarding the latter.

In passing, and to reassure members, please note that cases can only be pursued, and damages awarded where there is proven negligence - ie the instructor not operating in accordance with the accepted norm. Third party indemnity (included in BCU membership) takes care of the cost of defending an action, and any damages which may be awarded, up to a total of £2 million. An instructor would have to be so deliberately and recklessly negligent that a disastrous outcome was the only logical conclusion, for the insurance to be invalidated.

Assessing in conditions above those stated

The problem with working an assessment group on water - or to a standard -above the prescribed level, is that no matter how carefully the assessors explain the reason, and how objective they may be in not taking performance on the enhanced level into account, a failed candidate is almost inevitably going to convince themselves that failure was due to being assessed above the standard.

Quite clearly assessors are not at liberty to put their own interpretation on a BCU award, outside of the agreed standard and guidelines. As agents of the BCU they are in a contractual relationship with the candidates to assess to the laid down syllabus.

Dear CoDe,

I am writing to inform you of my evaluation on your kayak test cards. I am a Trainee Kayak Instructor (TK2) at the Leicester Outdoor Pursuits Centre.

I find that the cards are a very handy size and fit nicely into a pocket without being bulky. The explanations are very well written and are easily understood. I do think that there could be more room to write notes

I find the new card very useful and shall use them to their capacity.

LORRAINE PELL, Leicester

Surf

THE APPLICATION OF THE BCU SURFING QUALIFICATIONS

Statement by the Director of Coaching - July 1996

The statement on p16 of the *Coaching Directory* regarding the application of the BCU's surfing qualifications, is confirmed. It is quite clearly anomalous to have a qualification in place, and to then imply that it doesn't matter, and wasn't necessary! Such would be the case if we did not list the surf qualifications as being the appropriate award for surfing.

Please note the definition of 'surfing' - ie visiting a recognised surf beach with the intention of riding surf as an end in itself. Experienced level 3 Coaches (Senior Instructors) who have been teaching surfing for years, and particularly where they are taking groups on less than moderate surf, should really be able to decide for themselves what is, and what is not, reasonable, and within their established experience.

The implications of the Activity Centres (Young People's Safety) Act must be of concern. It should be noted from the Guidelines, however, that 'appropriate expertise' is necessary, and that the requirements to ensure 'appropriate expertise' can be met by 'contacts with National Governing Bodies'.

The BCU would obviously have difficulty in endorsing those acting as instructors holding none of its qualifications, but should not have a problem with supporting one of its experienced members, working within their capabilities, with a wealth of experience gained prior to the introduction of the formal qualification.

The worst scenario is a claim for negligence being pursued in court, following an accident. Should they be called as 'expert witness', the 'BCU' - in the guise of a suitably qualified coach or official - is not likely to ignore the fact of the established competence of the coach concerned, or the actual circumstances leading to the incident, by merely stating in parrot fashion - 'he wasn't qualified'!

In either situation - the holding of the formal qualification, or 'qualification' to be undertaking the leading of the activity concerned by experience - the outcome is still dependent upon whether or not the instructor was following the normally accepted procedures.

If he or she was, and all the actions taken were reasonable, then the claim is unlikely to succeed. If not - regardless of a formal qualification, or 'qualification' by experience - the person concerned will probably be found guilty, and appropriate damages awarded.

The above comment may well raise the subsidiary question of insurance. Third party indemnity only applies when someone has been negligent. For an insurance company to refuse to defend an action, or meet the costs of any damages awarded, the instructor would have had to be so recklessly negligent, that the only likely outcome, apparent to any normal person, was the injury or death of someone within his or her jurisdiction.

It may be worth checking insurance policies to ensure that they are not restrictive with regard to stating that formal qualifications must be held - but it is unlikely that this would be the case.

G C Good

Slalom

SLALOM COACHES LEVELS 1 & 2

The new Slalom Coaching Scheme emphasises the value of ongoing monitored coaching with more experienced coaches and mentors. To have experienced, a squad environment is valuable for personal coaching development.

This is an invitation if you are interested to become involved in squad coaching. The Slalom Development Squad Winter Training aims to:

provide keen paddlers above Div 3 with quality coaching

offer continued coach development

The Winter Training series comprises three weekends at Holme Pierrepont in December, January and February. There is extensive use of video analysis, and talks on the themes of each weekend. Read Nick Jackson's report in the Competition Feature of Canoe Focus on last year's Winter Training.

We aim to promote, and offer the Development Squad as an opportunity for you to become involved in coaching in a squad situation.

Slalom Coaching Development Committee.

Speak to Sue Wharton 01636 705 363

CANOE SLALOM COACHES CONFERENCE

Holme Pierrepont
Sunday 1 December 1996

Following last year's very successful event, a Conference open to all Slalom Coaches is to be held at Holme Pierrepont on Sunday 1 December. Please reserve the date - full details to follow.

IMPORTANT ANNOUNCEMENTS

AMENDMENTS TO THE DIRECTORY AND RELATED MATTERS

It was our hope that replacement pages for the *Coaching Directory*, together with a Supplement containing additional information which could not be economically reproduced in the main Directory, would accompany this issue. Regretfully this has not been achieved, but it is hoped to do so with the October magazine. In the meantime your attention is drawn to the following amendments and notes.

AMENDMENTS TO THE DIRECTORY

p7 Definitions for the Competition qualifications.
Please amend as follows:

<i>Level 1 Competition Coach</i>	Assistant Club Trainer
<i>Level 2 Competition Coach</i>	Club Trainer
<i>Level 3 Competition Coach</i>	Club Coach
<i>Level 4 Competition Coach</i>	Senior Coach (Regional/National)
<i>Level 5 Competition Coach</i>	Staff Coach (National/International)

(repeat on p11, p20)

p12 Obtaining an alternative award

Delete the first two sentences. Replace with: 'To obtain a qualification in an alternative discipline for level 2 coach (Instructor) it is necessary to hold a level 2 coach award, obtain the relevant 3 Star Test and attend either a training or an assessment course in the alternative discipline. For level 3 coach award purposes it is necessary to obtain the relevant 4 Star Test, and attend the training course. Only 1 such candidate may be accommodated on a given course'. 'At the end of the training course . . . ' to end of page remains as stated.

p18 Advanced Water

Delete 'on inland waters only' at the end of the level 4 Canoe Coach entry. This is not intended to indicate an endorsement for operating canoes on the sea. Neither, however, was it intended to indicate automatic disapproval, and unduly restrict members. A decision as to whether or not to take canoes on the sea must be left with the instructor concerned, who must be satisfied with regard to the level of their personal experience and competence, and understanding of that environment, in order to do so.

p20 Racing - amend final entry 'C4R' to 'C5R'.

p95 Trainer/Assessor (for Canoeing Safety Test)

Delete paragraph and replace with the following: 'A Canoe Lifeguard Trainer or a Canoeing Safety Test Assessor. A level 2 Coach (Instructor) who has held the qualification for 3 years or more, or holder of a higher award, can be appointed as a Canoeing Safety Test Examiner after they have directed each of the training modules and an assessment under the supervision of one or more qualified examiners. A CST Assessors Log Book should be obtained from the BCU office for this purpose. Assessors must hold a current first aid certificate which involved a minimum of 8 hours training, and included CPR and expired air ventilation. Assessors may conduct the test for any craft for which they hold the 3 Star Test.

(Please note that existing CST Examiners - ie those who were accredited examiners prior to 31 December 1995 - may continue to assess for the CST provided they hold a current first aid certificate).

p104- A revised leaflet is available from the BCU office (sae please) to replace p104-106.

The qualifying level of award has unfortunately been omitted from the terms of reference for grade 1 Assessors (top of page 104) which should have read: 'Tests for relevant 4 Star (level 3 coaches only) . . . '

(The explanation under the heading (The Testing of 4 Star Proficiency) on page 14 of the new *Coaching Directory* makes it clear that only Level 3 Coaches (Senior Instructors) may test for 4 Star. The 'Assessor' requirement in the syllabus for 4 Star Tests (page 66, 73, 81 of the Directory) also specify Level 3 Coach (Senior Instructor). It is also made clear in the Directory that the relevant Level 3 award is necessary for the testing of 3 Star. Apologies for the omission, however, and any confusion which may have been caused).

TRAINEE INSTRUCTORS - THE RESUSCITATION LOOP-HOLE

A loop-hole has been identified, within the changes to the tests and awards, which regretfully was not spotted in advance. It relates to members who became Trainee Instructors (now called Trainee Level 2 Coaches) prior to 1 January 1996.

We have stated that the holding of the Canoeing Safety Test is necessary before assessment, but that those who held Trainee Instructor status prior to 1 January 1996 do not need to hold a first aid certificate until 1 April 1998.

The CST syllabus has, however, been revised, omitting CPR and expired air ventilation, because this will now be covered by the requirement to hold a first aid certificate. Unfortunately, the arrangement means that those who held the level 2 Trainee Coach award status prior to 1 January 1996, who now take the CST to the revised syllabus before assessment, will not have covered CPR and expired air ventilation.

This is an omission which cannot be permitted to stand, for obvious reasons. Please note therefore that ALL Trainee level 2 Coaches (Trainee Instructors) must hold a current first aid certificate (as defined below) unless they took the CST prior to the revision, and covered CPR and expired air ventilation within the Canoeing Safety Test.

THE CANOEING SAFETY TEST - LENGTH OF VALIDITY

BCU Lifeguards put a 3-year validity on the Canoeing Safety Test - see syllabus on p95 of the *Coaching Directory*. Previously there was no time limit with regard to its application for entry to BCU Coaching qualifications. (This applies equally to the CST taken before the revised syllabus was implemented).

The statements concerning its validity constitute a policy change which was unfortunately not spotted and highlighted for a decision by NCC prior to the syllabus being published.

Whilst the length of validity applies to the use of the Test for Lifeguarding purposes - eg entry to a higher award - and to its use as a life saving award to enable an instructor to supervise canoeing in a swimming pool, course directors may exercise discretion with regard to its application for level 2 coach assessment purposes until the matter is clarified by NCC in November.

NB There will not be a requirement for the CST to be re-validated, either when taking a higher award, or when re-validating existing qualifications. The reason for this is that once a member becomes an instructor, the contents of the CST are practised on a 'daily' (almost ?) basis !

THE *FIRST AID REQUIREMENT FOR NEW MEMBERS

Members are reminded that there is now a requirement for new entries to the awards (since 1 January 1996) to possess a current First Aid Certificate* (minimum of a 4 hour 'emergency aid' course involving CPR and expired air ventilation for levels 1 and 2 Coach assessment) and an 8 hour course for level 3 and above.

Existing members (ie those who held any level of qualification prior to 1 January 1996) will need to hold a current first aid certificate as above by 1 April 1998.

The validity of the First Aid certificate will be checked when revalidation of Coaching qualifications is due (every 3 years, commencing with the first request for re-validation through an outline of logged experience being circulated in January 1999).

*The following are exempt from the need to hold a first aid certificate: service personnel (current); police officers; fire brigade personnel; doctors; nurses; para-medics; dentists; ambulance staff; physiotherapists.

THE FIRST AID REQUIREMENT FOR EXISTING AWARD HOLDERS

The policy remains as stated on p12 of the *Coaching Directory* that members who held any award (level 1, trainee level 2 or above) prior to 1 January 1996, may proceed to assessment at the level held, or move on to a higher level, without having to obtain a first aid certificate until 31 March 1998.

The exception to this, as indicated above, is level 2 Trainees who undertake the Canoeing Safety Test to the new syllabus.

ARE WE CONSISTENT ?

Is it logical to take all due precautions as a canoeing instructor, or paddler, to minimise the risk to ourselves, and/or our charges, only to drive like a maniac, and put in jeopardy the lives or well being of others on the road ?

Research shows that driving too fast for the conditions kills 1,000 people, and injures 77,000 more, every year. The Road Research Laboratory has stated that 'bull bars' will kill at least 35 people each year, who would otherwise have survived.

'Lyme Bay' - totally avoidable tragedy that it was - killed a total of four young people from kayaks over a 20-year period. In that same period over 20,000 young people were killed on our roads. The 'Lyme Bay' four should not have died -neither should the vast majority of the 20,000.

EXAMINER/ASSESSOR FORUMS

The autumn 96 / Spring 97 series of regional forums for established grade 2 Examiners / Assessors will present an opportunity for Examiners to be 'converted' to the relevant Assessor grade. They will also involve a practical element on key aspects of assessment, as well as providing opportunity for final clarification of the revised system.

Dates were unfortunately not to hand at the time of going to press, but a full list will be published in early October for the forums running from late November through to April 97. It is desirable, but not essential, to attend the forum in your region.

ASSESSOR TRAINING DAYS

To become an Assessor for training/testing for BCU qualifications, it is now necessary to have held a minimum of the level 2 coach award (Instructor) for at least three years. Candidates must then attend an 'Assessor Training Day'. They are then classified as grade 1 Assessors able to assist on level 1 and level 2 training and/or assessment courses. Those who are level

3 coaches may test for the relevant 4 Star (relevant to the level 3 coach award held).

A grade 2 Assessor log book is issued to candidates undertaking the Assessor Training course, and when this is signed up by established assessors, the candidate may be accredited as a grade 2 assessor - able to direct (be senior assessor) on level 1 courses.

The schedule shown in the Directory has been amended, but is spelled out in the leaflet which is issued to all enquirers and those attending Assessor training.

Those who meet the above criterion and wish to become Assessors, are invited to register their interest with the BCU office. When sufficient candidates are notified in a particular area, a course will be arranged.

S/NVQ ASSESSOR TRAINING

The following dates are notified for those grade 2 Examiners (minimum) or grade 2 assessors (minimum) who wish to become S/NVQ assessors (Units D32, 33). Please note that on these courses the S/NVQ element cannot be funded for members with Scottish, Welsh or Northern Ireland addresses. The cost of the course - £45 including board and lodging - will therefore be enhanced by £110 for those who do not have an English address. This fee may be recoverable through your employer, or national association.

Those who are already S/NVQ assessors, and BCU grade 2 examiners, or grade 2 Assessors, need attend only the first day, in order to deal with the 'canoeing specific' aspects of S/NVQ assessment. In this instance, the £120 fee notified above for those with Welsh, Scottish, or Northern Ireland addresses, does not apply.

There will also be courses staged in the other countries from time to time, for which the funding will be included.

S/NVQ Assessor Training dates:

Thu/Fri 19-20 Sep - Nottingham

Sat/Sun 19-20 Oct - Nottingham

(Sae to the BCU office for details, please)

WARNING

Please Take Note

Swimming during a break on a hot day, or at the end of a canoeing session, is a natural thing to occur. It is necessary, however, when one is in a situation where responsibility is taken for the safety of others - particularly juniors - to ensure that adequate supervision is exercised. Swimming free across rivers or lakes should not be permitted - attempts to swim rivers or lakes are notorious claimers of lives during hot periods.

Don't dive without checking first

Diving into water that is too shallow is well known as a 'breaker of backs' - a number of people now live from wheel chairs as a result. There are also instances of serious injuries occurring through diving or jumping into water with unidentified debris at the bottom. Always check the site thoroughly before leaping in - even a well used site can be subject to change due to yobbo involvement.

This notice is not intended as a 'kill joy' statement. We have a responsibility to exercise 'reasonable precautions', and the track record would indicate that in the vast majority, this is what canoeing instructors do. It is an easy matter, however, to exercise all due care when operating as a canoeist, only to forget to continue to apply educated common sense when the context changes.

COACHING PROCESSES COURSES

Level 3 Coaches who hold the *5 Star Test (Advanced Proficiency) need to attend a 'Coaching Processes' course in order to be recognised as level 4 Coaches (Advanced Senior Instructors). Aspirant Coaches - those who have completed a level 5 Coach (BCU Coach) training course are automatically so recognised, and do not need to attend the Coaching Processes course.

S/NVQ assessors who have trained through BCU courses for their D32, 33 units, are also exempt from the separate 'Coaching Processes' course.

Please register your interest with the BCU office if you hold the 5 Star (Advanced Proficiency) and wish to attend a Coaching Processes course. When sufficient candidates are to hand, a course will be organised.

AVAILABLE TO ALL

The Coaching Processes Courses are not restricted to those with *5 Star. Dates of courses available to all coaching members will be published in the October issue of *CoDe*.

*The revised 5 Star (since January 1996) and the original Advanced Proficiency Tests, count for this purpose. The previous 5 Star, involving only performance on white water or surf, with no journeying component, does not apply.

ASSESSOR CARDS

Once the 'Assessor' system becomes well established, the potential size of the codings on an individual coach's membership card, will become unwieldy. It has therefore been decided to issue separate Assessor registration cards, leaving the gradings off the standard membership card.

This will not affect Examiner grades, which will continue to appear on membership cards as before.

STC CONFERENCE AND AGM / LIFEGUARDS CHAMPIONSHIPS

Calshot - 20-21 September

The Sea Touring Committee Conference and agm is to be held at Calshot from 20-21 September, and the Lifeguards are holding their championships at the same venue and time. Details from Dave Evans, Calshot Activities Centre, Calshot, Hants.

THE EYES HAVE IT

The above notices involving paddling on the sea, serve as a reminder to let you know that constant exposure to sun and salt water can cause a growth on the eye called a Pterigium. Although usually removable surgically with a fairly simple operation, it is obviously best avoided. The wearing of sun glasses at all times - particularly by those paddling regularly - is recommended.

OE 97 - THE UK YEAR OF OUTDOOR EDUCATION

The Outdoor Institute is seeking to establish 1997 as The UK Year of Outdoor Education, to achieve a higher profile for outdoor education and adventure, and their effect on the nation. Further details will be published as they become available, and will be circulated to course organisers with a view to linking next year's courses to the promotion.

ADVENTURES OF YOUR LIFE TIME

29-30 November

A two-day event is planned in Birmingham by the Council for Outdoor Education, Training, and Recreation, to mark the European Year of Life-long Learning. The Conference hopes to achieve improved understanding of the benefits of outdoor adventurous experience; a higher profile and increased support and resources for outdoor recreation and adventure; expanded awareness of opportunities and concerns; better communication between all sectors involved; improved access for all outdoor and adventurous experience.

Full information from: Roger Putnam, Muncaster Country Guest House, Ravenglass, Cumbria CA18 1RD - sae please.

HND COURSE IN SPORTS SCIENCE - TWR-Y-FELIN

Those who hold 2-3 A levels (including at least 1 Science) or a National Diploma in Sports Science, and wish to undertake a Higher National Diploma Course in Sports Science, should apply to the Admissions Officer, Pembroke College, Haverfordwest, Pems. Details from Twr-y-Felin (01437 720391).

KEVIN DANFORTH DEPARTS

Kevin Danforth first joined the full-time staff of the BCU in May 1991 as editor of *Canoe Focus* and responsible for press and information. He applied for, and was appointed as Coaching Development Officer in April 1995.

In the comparatively short time in post Kevin has made a significant impact, providing a competent practical coaching presence in the field, and generally improving the Union's input to the area of white water paddling - including safety and rescue.

The responsibilities taken over by Kevin are too numerous to list, but include overseeing the approved centres scheme, particularly with regard to improving the Union's monitoring of courses on the Continent, and developing a resources base for courses.

'Parkinson's law' which states that work expands to fill all available time, unfortunately works with a vengeance where the BCU is concerned, and Kevin has also suffered from overload during his tenure. He has, however, set to with a will, and sped from fire to fire with the rest of us!

He will be sorely missed from the post, but his services are not going to be lost to the sport altogether, and he has promised to keep in touch, and provide input on a voluntary basis in the future?

What was the offer he couldn't refuse? - Kevin has been appointed as one of the Senior Inspectors for the licensing authority (Tourism Quality Services) for the Activity Centres (Young Persons Safety) Act, and commences that role on 2 September. His background in running his own centre, and his experience within the BCU should stand him in good stead.

Canoeing is well represented on the Inspector's Panel, with Sam Crymble (SCA Coaching Chairman) Janet Bradford (RCO South) also on the staff, to say nothing of Marcus Baillie, previously at Plas y Brenin, and latterly at Tiglin National Centre in Ireland, as the Chief Inspector.

LEVEL 3 SEA TRAINING COURSE

6/7/8 September in Essex

Organiser: Henry Monaghan, 10 Caernarvon Close, Hornchurch, Essex. RM11 3QL
01708 438994

THE HIGH SUPPORT STROKE

Is there a better way ?

Approximately 3 years ago, I suffered a dislocated shoulder whilst performing a high recovery stroke half way down a Grade 4 rapid.

After 24 hours in hospital, three weeks with the arm immobilised, two months of physiotherapy, six months to full recovery, and a two year period during which there was a high risk of recurrence, I am determined not to repeat the experience, and have been experimenting with alternatives.

I now believe that there is a more efficient way to perform the stroke, which requires less effort and strain on the body, and is much less likely to result in shoulder dislocation.

I am therefore increasingly concerned that the BCU Canoeing Handbook requires the high support stroke to be taught and to be performed in a manner which is not only inefficient, but which also maximises the risk of shoulder dislocation.

This paper describes an alternative method of performing a high support stroke, and is divided into sections entitled

- 1) Efficiency
- 2) Safety
- 3) An alternative stroke
- 4) The advantages
- 5) Implementation and feedback

EFFICIENCY

When looking for support during a recovery stroke, the maximum support is obtained from the interaction of the blade of the paddle and the surface of the water. A paddle blade that is below the surface of the water provides less support. It is therefore desirable to position the paddle so that the maximum amount of the blade is on the surface - this inevitably means holding the shaft as low as possible, with the edge of the kayak being the limit.

As confirmation of this, the BCU Manual, when describing the position for the Sculling for Support stroke, states that "The paddle shaft is held low, almost parallel to the water. This is important as it ensures maximum contact with the sculling blade."

However, when describing the High Recovery stroke, the BCU Manual requires that the paddle is held at chest height or above. In this position the blade makes quite a large angle with the surface of the water, such that part of the blade is still in the air, part of the blade is in the water, and only a small part of the blade is on the surface and actually providing the support. The paddler therefore has to increase the contact velocity to compensate (i.e. drive the blade down harder).

To produce this higher velocity requires a larger amount of effort from the body; also, when the blade makes contact with the surface of the water, there is a higher rate of deceleration, which produces a more pronounced jarring effect on the body.

So the high paddle position, with its low efficiency, produces a more stressful stroke compared to a low paddle position.

SAFETY

A useful starting point for discussion is the human anatomy. Most ball joints in the human are captive, in that the ball is contained within a cup shaped socket - the joint can move over a range of, say, 90 degrees, and any sideways force pushes the ball against the side of the cup, and so can be resisted.

The shoulder is however different, and is unique. In order to give the arm a range of movement which exceeds 180 degrees in all directions, instead of a cup, the ball at the top of the humerus (the bone in the upper arm) is held against a shallow depression at the end of the scapula (the shoulder blade). The ball is surrounded by cartilage which acts as the lubricating layer for the joint, and the joint is held together by muscle - and only by muscle. Therefore any force on the arm which does not drive the ball against the depression has to be resisted by the muscle.

The Low Support stroke, when correctly performed with the elbow over the shaft of the paddle, is an excellent example of a stroke where the ball of the shoulder joint is driven straight into the depression in the scapula. It is therefore a completely safe stroke, whether used as a Recovery stroke, a long term Bracing stroke, or as part of the Low Brace Turn.

The High Support stroke, however, as described in the BCU Manual and as taught for star tests, is not a safe stroke. As already stated, the BCU Manual requires that when setting up to perform the High support stroke, the paddle should be held at chest height or above. As the stroke is performed, it is inevitable that the arm on the active side is projected out sideways from the body, with no part of the arm in front of the shoulder. Also, most people doing this stroke end up with the paddle behind the body, so that the arm is actually driven upwards and backwards at the shoulder, with the elbow behind the shoulder, and the hand behind the elbow.

However, the article entitled 'Shoulder Dislocation amongst Canoeists' published in Canoe Focus - No. 71, June 1991 suggested that to lessen the risk of dislocation, the elbow should be bent, and the hand should be in front of the elbow, with the elbow below the level of the shoulder.

In that article, the author sought to show how the stroke should be performed to lessen the risk of dislocation - however the modifications that were proposed are quite subtle, depend on restraint, and are quite likely to be forgotten in the heat of the moment when the instinct of the body is to reach out to save itself.

The BCU requires the stroke to be performed in a way in which the shoulder is at the limit of its safe range of operation - any additional strain pushes the shoulder out of the safe range and dislocation results. Even adhering to the suggestions in the above article only moves the operation of the shoulder slightly away from the limit of the safe range.

A better solution is to modify the stroke so that the shoulder is operating substantially within the limits of its safe range.

AN ALTERNATIVE STROKE

The two requirements that have emerged are that the paddle should be held as low as possible, and that when performing the stroke, the arm is well within the safe area of operation of the shoulder.

Both of these can be accommodated by selecting a starting position such that the paddle is held low down in front of the midriff, across the spray deck, with the arms slightly bent, and with the active drive face of the paddle facing down - on the slide of the control hand, this is not difficult; however on the non-control side, quite a lot of wrist flexing is required.

As the kayak is leaned over, the paddle is projected sideways to extend its reach on the active side, but maintaining its position low down in front of the torso.

At the time of contact with the water, the kayak is hip-flicked up as usual.

The final positions of the paddle and arms at the time of contact are as follows :

a) The paddle is held as low as possible over the spray deck in front of the midriff, so that the active blade is almost flat on the surface of the water.

b) The active arm is slightly bent, with the elbow pointing in towards the side of the body, and with the arm subtending an angle of approximately degrees with the body in the horizontal plane.

c) On the non-active side, the elbow is tucked in towards the side of the body, and the forearm lies along the edge of the spraydeck. This position allows the inboard end of the non-active blade to sit just above the raised edge of the kayak.

Despite any misgivings there may be, this is still a High Support stroke, as it is the drive face of the blade that makes contact with the surface of the water, and whilst performing the hip-flick the body is still effectively hanging from the paddle even though the paddle is in front of, and not above, the body. Compare this with the Bow Support stroke, where the back of the blade is in contact with the water, and the upper body is leaning forward over the top of the paddle shaft.

THE ADVANTAGES

There are a number of advantages of this method when performing the High Support stroke, compared to the BCU approved method. They are :

a) The active blade is almost flat on the surface of the water, and so provides the maximum support with least effort.

b) Because the body is less stressed, and not having to stretch upwards and outwards, it is more relaxed. As a result the hip-flick is easier.

c) This same position is very effective for performing the Sculling for Support stroke.

This means that the paddler can change from a single recovery stroke to a longer term sculling stroke as circumstances require.

d) If all else fails and a capsiz occurs, it is quite easy to do a half roll from this same position.

e) One of the most common faults in both the high support stroke and in the sculling for support stroke, is that the blade ends up behind the paddler close to the rear end of the kayak, instead of being positioned out to the side of the kayak. When the paddle shaft is held in front of the midriff low down over the spray deck, there is less tendency to twist round so that the active blade is behind the paddler - the natural end position of the blade is straight out from the side of kayak. This helps to maximise the efficiency of the stroke.

f) The arm on the active side is not outstretched, but is at an angle of approximately 45 degrees to the body. It is therefore well within the safe range of operation of the shoulder, and even if the arm is deflected backwards by the paddle blade hitting an object, the shoulder is unlikely to move into the danger zone of operation.

IMPLEMENTATION

& FEEDBACK

Over the last year or so, I have had the opportunity to teach kayaking to a number of teenage novice groups in a swimming pool environment.

Some groups were taught the BCU method of performing the high support stroke; one group was taught the alternative method described in this paper, and one group was taught both methods.

In general terms, for these novices, this alternative method proved no harder to teach or to learn than the BCU method.

Out of the group which was taught both methods, some preferred the BCU method, and some preferred the alternative method.

In contrast, it has proved to be very difficult to re-educate paddlers who have got used to the idea of doing a high support stroke by stretching upwards and outwards (and usually rearwards) as in the BCU method - dislocated shoulders only happen to other people.

Ron Turner

Comment:

It has been accepted amongst white water paddlers for a number of years now that the basic rule on support and recovery strokes is:

Paddle Shaft Low = Safe and good

Paddle Shaft High= Dangerous and bad.

Whilst I agree with the basic philosophy Ron puts forward here, there are a few other fundamental considerations when looking at recovery strokes.

What is the body doing ? In very accomplished, fit paddlers who are both flexible and strong, greater arm extension may be used momentarily to regain balance in the recovery. Watch good stopper surfers: the body, shoulders and paddle shaft are very mobile, sometimes high often low, rarely still. Body types are all different and although they may do a similar shape of stroke, no two paddlers do any stroke exactly the same way.

Sculling for support is a greatly misunderstood technique. Modern consensus seems to indicate that it is a useful paddle/blade awareness exercise with little or no real application. Teaching it as a stroke for survival often leads to paddlers finding extreme difficulty in 'unlearning' the technique in order to replace it with sound recovery strokes and linking braces.

I must confess I am struggling with the concept of 'the BCU method' This implies some autocratic high minded directive that any technique described in the Coaching Handbook must be followed to the letter and 'thou shalt not deviate'. I had always assumed that the basic strokes detailed in the Handbook were simply building blocks for paddlers and coaches. Once learned they were adapted to suit the paddler, physique, situation and type of paddling . There is a great variance in how people interpret the written text: the very best literary description of a physical movement is flawed because different coaches will interpret the text in different ways. Only the author will know exactly what was meant. The printed word is no substitute for watching a real canoeist, especially a good one ! Perhaps the next Handbook should be also be produced on CD Rom with video clips of paddling technique ?

What do other coaches think ? CoDe is your forum: write and tell us !

Kevin Danforth

THE RESPONSIBLE SPORTS COACH

Sports coaching helps the development of individuals through improving their performance.

This is achieved by:

- identifying and meeting the needs of individuals
- improving performance through a progressive programme of safe, guided practice, measured performance and/or competition
- creating an environment in which individuals are motivated to maintain participation and improve performance.

Coaches should comply with the principles of good ethical practice listed opposite.



The full version (single copy £2.50) of the National Coaching Foundation's Code of Ethics and Conduct for Sports Coaches is available from: Coachwise Ltd, 114 Cardigan Road, Headingley, Leeds LS6 3BJ (0113 231 1310).

- 1 Coaches must respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
- 2 Coaches must place the well-being and safety of the performer above the development of performance. They should follow all guidelines laid down by the sports governing body and hold appropriate insurance cover.
- 3 Coaches must develop an appropriate working relationship with performers (especially children), based on mutual trust and respect. Coaches must not exert undue influence to obtain personal benefit or reward.
- 4 Coaches must encourage and guide performers to accept responsibility for their own behaviour and performance.
- 5 Coaches should hold up to date and nationally recognised governing body coaching qualifications.
- 6 Coaches must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
- 7 Coaches should, at the outset, clarify with performers (and where appropriate with their parents) exactly what is expected of them and what performers are entitled to expect from their coach. A contract may sometimes be appropriate.
- 8 Coaches should co-operate fully with other specialists (eg other coaches, officials, sport scientists, doctors, physiotherapists) in the best interests of the performer.
- 9 Coaches should always promote the positive aspects of their sport (eg fair play) and never condone rule violations or the use of prohibited substances.
- 10 Coaches must consistently display high standards of behaviour and appearance.



better coaching ... better sport

BCU appointment

COACHING DEVELOPMENT OFFICER

A Coaching Development Officer is required to assist the Director of Coaching for an initial period of one year.

Candidates will be either Level 5 Coaches or Level 3/4 Coaches with grade II examiner status; capable of running courses at all levels, including coach education and offering practical coaching at a high level. He or she will be word processor literate and capable of producing good written material.

The Coaching Development Officer will concentrate on the determination and production of resource material for the better presentation of courses, and on projects which are capable of generating greater or new income.

Funding for the post is secure for a period of 12 months at which time the role will be reviewed.

The post will be based from the BCU offices and the successful candidate will need to be located within daily travelling distance of Nottingham. Regrettably, no financial assistance is available towards relocation costs.

The salary will be £17,000 and the successful candidate will be expected to own a motor car. A mileage allowance based upon civil service rates will be available for essential journeys carried out within an agreed budget.

Please send to BCU office for standard application form, which must be returned by 25 August.

Coaching service clothing

Following the success of the coaches bank jackets (which will be available again in the autumn) we have added to our range of BCU Coaching service clothing.

All items are embroidered with 'BCU Coaching Service' and the little paddler logo.

Polo Shirts

Black, M, L, XL, XXL

£15.00

Cotton Baseball Caps

Black, Adjustable

£9.00

Premier Baseball Caps

Black felt, Adjustable, Grey suede peak

£12.50

Post and Packing included

Send cheques to BCU Coaching clothing:

British Canoe Union, Adbolton Lane, West Bridgford NG2 5NA

